



# ARE YOU AT RISK FOR DIABETES?

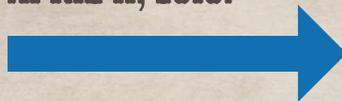


## HAYWOOD COUNTY

has a diabetes prevention program that can help you make the lifestyle changes that will prevent type 2 diabetes.



**THE PROGRAM STARTS  
APRIL 11, 2016.**



The program consists of group classes and individual support sessions with a trained Lifestyle Coach. Participants will learn how to:

- Maintain a healthy weight
- Prepare simple, healthy meals
- Find time to be physically active



If you're interested in joining, contact:

### Healthy Haywood

Contact Name: **Megan Hauser**  
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Web: [healthyhaywood.com](http://healthyhaywood.com)